



COMBINED EFFECT OF AYURVEDIC MANAGEMENT PRATISARANIYA KSHARA AND CHANDRA PRABHA VATI IN CERVICAL ECTROPION – A CASE STUDY

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Abstract:

Cervical ectropion also known as cervical erosion, though often asymptomatic, can cause discomfort and discharge. While conventional treatments exist, some women seek alternative approaches. Ayurveda, the ancient Indian system of medicine, offers unique methods for managing gynecological disorders. This case study explores the Combining effect local and oral treatments effectively treated cervical erosion and led to better results.

A 32-year-old woman patient attended the Stri roga OPD of KLE Ayurveda hospital and research center, Belagavi, Karnataka, India with the complaints of excessive white discharge and pelvic pain since 2 years. Gynecological examination confirmed cervical ectropion, patient opted for an Ayurvedic approach pratisaraniya kshara karma along with internal Ayurvedic medications to address doshic imbalances. **Results:** Significant improvement was observed white discharge decreased in quantity and changed from white to transparent. Pelvic pain significantly reduced with no further complaints post-treatment. Visual appearance showed significant healing and reduction in the exposed area of cervical ectropion. **Conclusion:** This case study suggests that Kshara application, coupled with internal Ayurvedic medications, could be a safe and effective approach for managing cervical ectropion symptoms. Further research with larger, controlled studies is warranted to corroborate these findings and establish Kshara's therapeutic potential in managing cervical ectropion.

Keywords: Cervical ectropion, Cervical erosion, Karnini yoni, Kshara, Ayurveda, Tankana Bhasma, Yavakshara , case study, Ayurvedic medicine, vaginal discharge, pelvic pain.

Introduction:

Emerging evidence suggests that cervical ectropion is observed particularly in women of reproductive age, with estimated prevalence ranging from **17% to 50%**. Defined as the eversion of the endocervical epithelium onto the ectocervix, it often presents as a "reddened patch" surrounding the cervical os during a pelvic examination. Untreated cervical ectropion can lead to increased discharge, or recurrent infections, persistent pain sometimes with streaks of blood, especially after sex or during ovulation. There is a relationship between squamous metaplasia and induction of squamous cell carcinoma of the cervix. Hence the condition needs to be addressed. The condition of cervical erosion is commonly treated in contemporary system of medicine with invasive therapies such as electric cauterization, cryosurgery etc. [1] [2] [3] [4]

In Ayurvedic classics, there isn't a direct equivalent to cervical erosion. However, few conditions like Garbhasaya Greevagata Vrana and Karnini Yonivyapad exhibit similar symptoms or share aspects of the pathology, making them potential analogues for exploration in treating the condition. [5] [6] [7]. This case study explores the efficacy of Pratisaraniya Kshara Lepa, an Ayurvedic topical application, in managing cervical ectropion in a 32-year-old female patient.

Case presentation

A 32-year-old married woman reported to Prasooti Tantra and stri roga OPD (KLE220024115) of KLE Ayurveada Hospital and Medical Research Center, Belagavi, Karnataka on 2nd Feb 2023 presented with a two-year history of excessive white discharge and recurring backache. Gynecological examination confirmed cervical ectropion, with the eversion of endocervical epithelium onto the ectocervix. She took treatment for this at various hospitals but didn't get complete relief, expressed her interest in Ayurvedic pratisaraniya kshara lepa intervention.

PAST MEDICAL HISTORY:

No H/O DM/HTN/Bronchial asthma/hypothyroidism, Past surgical history: No h/o any past surgical illness.

Past H/O allergy: No h/o any past allergy

Family history: Nil

PERSONAL HISTORY

Diet: Vegetarian

Sleep: 6-7 hours of sound sleep

Appetite: Normal – 3 times a day

Bowel: Once per day, sometime constipated

Micturition: Normal

Habits: - coffee at evening time Micturition: 5-6 times per day, no burning sensation.

OBSTETRIC HISTORY:

P2A0L2D0 she is having two children with all full term normal vaginal delivery. Contraceptive history – Nil

MENSTRUAL HISTORY

LMP-5th January 2023

Age of Menarche: 13 years

Regular 2– 3 pads

Interval – 30-32 days

Clots –Present

Pain – Present

Color – Dark red Flow

GENERAL EXAMINATION

Built: Moderate

Pallor-Absent

Nutrition status: Average

PULSE: 78/min

BP- 110/70mmhg

Height: 160cm

Weight- 52kg

PAIN SCALE

Back pain –mild pain, 40/100mm Vas score

SYSTEMIC EXAMINATION

R/S - Air entry equal on both sides, no added sound

CVS – S1 S2 heard, no murmur sound heard

CNS – conscious

P/A - Soft. Mild lower abdominal pain present by palpation.

GYNAECOLOGICAL EXAMINATION

Breast examination: No abnormality detected

Inspection of external genitalia - No abnormality detected

Per speculum examination:

Vaginal discharge: Moderate, white, thick discharge no foul smell

Vaginal mucosa: Congested vagina

Cervix- Normal Size & shape, extent of erosion -whole cervix
 Per vaginal examination
 Uterus is Anteverted, anti-flexed normal sized, freely mobile, Fornix- no tenderness
 No tenderness during bimanual examination

INVESTIGATIONS

Blood: NAD
 Urine Microscopy: NAD

Treatment plan

After thorough examination, the patient underwent Pratisaraniya Kshara Lepa, This was done for 7 days treatment started from her 6th day of her menstrual cycle, post menses. During this period of procedure patient was advised to take oral medication Chandraprabha vati 2 tablets two times daily after food with water, for 30 days. She was also advised on dietary modification and local hygiene practices. Observations were made on 7th, 14th day patient was followed up to 30th day.

Table 1 :Treatment Plan

Date	External Treatment	Duration	Internal Medication	Duration
10 th February 2023 to 17 th February 2023	Pratisaraniya Kshara Lepa, (application of equal quantity of Yavakshara and Tankana bhasma)	7 Days	Chandra Prabha Vati, 2-0-2, after food	30 days

Pratisaraniya kshara

Meticulously prepared alkaline herbal paste is made using two drugs Yavakshara made from barley, known for its gentle yet effective action, often suitable for sensitive tissues and Tankana bhasma prepared from borax, known for its potent cleansing and astringent properties. [8]

Method of application of Kshara

The patient, after providing informed consent, was scheduled for the procedure. Following strict hygiene protocols and positioning the patient comfortably using Cusco's speculum, Patient underwent for yoni prakshalana with Tripala Kashaya followed by application of equal quantity of Yavakshara and Tankana bhasma mixing with water, directly to the entire eroded area on the cervix. This involved using small gauze pads and sponge forceps. The paste remained in place for about 2 minutes before being gently removed with lemon water, followed by Jatyadi taila pichu dharana, entire procedure was repeated for 7 consecutive days.

Observations

- **Discharge:** A significant reduction in the quantity and consistency of discharge was observed within 7 days. By day 14, the discharge became minimal and transparent.
- **Backache:** The intensity and frequency of backache decreased noticeably within the first week. By the follow-up visit, the patient reported complete resolution of back pain.
- **Cervical Ectropion:** Visual examination at 14 days showed significant healing, with reduced eversion and improvement in the overall appearance of the cervix.
- 15th day to 30th Day – Follow up period, Healthy Cervix was observed.

Table 2 : Observations during treatment period

Days	Observation
0 th Day (Figure 1)	White discharge++, erosion++, mild backache 40/100mm Vas score
7 th Day (Figure 2)	70% result in reduction in the quantity and consistency of discharge per vagina, erosion color changed from bright red to light red, backache intensity reduced to 10/100mm Vas score.
14 th Day (Figure 3)	No Cervical Erosion, No White Discharge and no backache
15 th day to 30 th Day – Follow up period	Healthy Cervix

Fig 1 – 0th dayFig 2 – 7th dayFig 3 – 14th day**Discussion:**

Though there are multiple case reports on Pratisaraniya Kshara application in the management of cervical erosion in this case study combination of yavakshara and tankana bhasma application was tried as safe and effective option for managing cervical ectropion symptoms. Yava kshara and Tankana Bhasma both are Alkaline in nature suitable for yonigata vrana chikitsa, has property of corrosive action and re-epithelialization of squamous epithelium easily. Chandraprabha vati was given as internal medication to address doshic imbalances. The observed reduction in discharge, pain relief, and partial healing of the ectropion support the potential of this Ayurvedic intervention. However, larger controlled studies are necessary to establish the long-term efficacy and safety of Kshara Lepa for cervical ectropion management.

Limitations:

- This is a single case study, and generalizability to a larger population requires further research.
- Long-term follow-up is needed to assess the sustainability of the treatment effects.
- The study lacks a control group comparison for definitive conclusions about the specific contribution of Kshara Lepa.

Conclusion:

This case study suggests that Kshara application, coupled with internal Ayurvedic medications could be a safe and effective approach for managing cervical ectropion symptoms. Further research with larger, controlled studies is warranted to corroborate these findings and establish therapeutic potential in managing cervical ectropion.

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